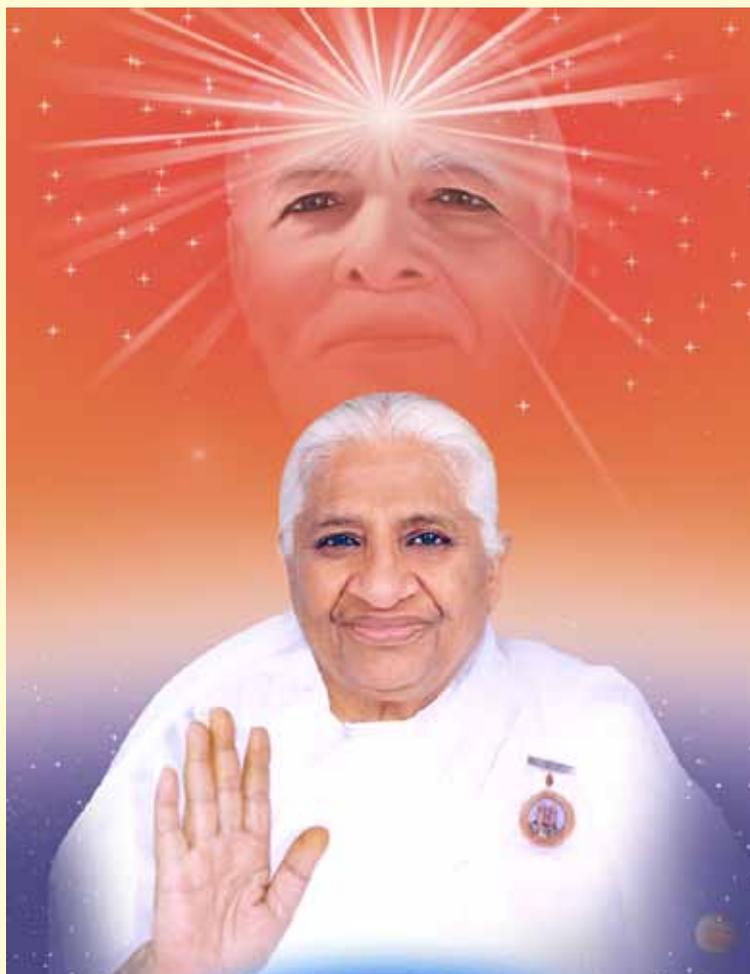




In this issue

- 2 *Look at God and then at yourself*
- 3 *Draw love from Baba*
- 4 *Who is looking at Baba all day?*
- 5 *Focus on the present moment*
- 6 *The murlis in one hand, heaven in the other*
- 7 *Friendship, Trust and Love*
- 8 *Celebrate with the dance within*
- 9 *Baba's murlis need to be revised, repeated and realised*
- 10 *Have you understood and recognised yourself?*
- 11 *Silence is essential...*
- 11 *Do you like peace or peacelessness?*
- 12 *This is the lesson of 'alone'*
- 13 *Dadi Janki sharing from the heart.*
- 14 *Sister Mohini: USA Teachers Retreat in Peace Village*
- 15 *Stay in the fortune of pleasure and joy*
- 16 *What is effort?*



PORTRAIT OF AN ANGEL



I use my diamonds of 'Thoughts' and 'Time' in a worthwhile way.

I live in the constant awareness of being in the final moments of my final birth.
This makes remembrance of Baba and the Golden Age very natural.

Whilst living in the chariot and performing actions,
I am detached from everything and loving towards One.

I live by my personality of 100% purity.

I live with honesty towards myself, Baba, the Brahmin family and the world.

I am free from the attachment of 'I' and 'Mine'.

I am the embodiment of truth, cleanliness and simplicity.

I give everyone the co-operation of happiness with my own cheerfulness.

I have faith in being able to change any situation with pure, positive vibrations.

God's knowledge of drama is filled deep within the soul,
and so is the art of repeating my elevated role of the previous cycle.

Dadi Janki

INTERVIEW WITH DADI JANKI - 12 AUGUST 2012, EVENING - GRC

LOOK AT GOD AND THEN AT YOURSELF

Dadi we all want to experience the stage of being an instrument who is humble, flexible and egoless. However subtle ego gets in the way. How did you conquer your ego and did you realize more subtle aspects of the ego as you went along?

I do not know what ego is but I have paid a lot of attention to myself. Similarly, I don't know what manmat is. Baba says you just have to make effort. Many study the murli just to read it to others. But I feel the murli works like magic on me, so on what basis could I develop any ego? Baba is my Mother, Father, Teacher and Friend. I have always had a lot of regard for Baba. He is mine and so the attainment is so great. Didi taught me how to make Baba my Friend and through this relationship I became very light. Ego takes up a lot of extra time from us. The soul conscious stage makes everything easy and helps us experience everyone's love. When you are soul conscious God automatically comes into your consciousness.

The attainments of yoga and knowledge are different - through gyan we are aware of virtues and through yoga we become introverted. Yoga is personal and gyan is for our interaction with each other. This wisdom that has emerged is very good.

You have destroyed the ego and let go of arrogance but you have not done the work of renouncing the body consciousness than Baba wants us to do. When I see all of you I see that your transformation is very good but the introverted stage that we need to adopt has not yet been accomplished. Even I am changing! I have more patience with all of you now - more than I had 2 months ago! Those sitting here have value for time. If you have value for time, you won't ever get confused. Then those who have to help will just appear in front of you.

What is the difference between the expressions to 'kill arrogance' and to 'let go of ego'?

You can all look at yourselves within for the slightest trace of arrogance. Arrogance is the desire for recognition. Such a person won't feel 'I am God's child'. One without arrogance will never forget this. For such a soul, it has been said that your body will be fine, your mind will be fine and nobody will be able to stop you from doing anything. The soul conscious stage means you will have the right touching from Baba.

If you have the arrogance of success, this too is body consciousness. If you have the arrogance of money or of physical beauty or position, when you come to gyan these die. But there should also not be even the subtle arrogance of your blood connections. You may have given up attachment to your lokiks but they have not given up their attachment to you. This is why you sometimes feel low. Once I belong to Baba I get strength which makes me free from the attachment from bodily relatives and doesn't allow anyone to have attachment for me. This power which comes into you makes you do the work that Baba needs to be done, so how can you have arrogance about it? You are all doing the work but why should He have to see the arrogance of you doing work? Baba tells us: 'You just be present and I will do the work.' So I keep practising being soul conscious... so that if this is my last breath then I have awareness of Baba at that breath.

Some souls will give visions and others will receive visions. This service of being aware at every moment is the final service. Anyone who would come near you would have a vision. Then you are in a state of being real. What exactly is the soul? What is the saligram and how is it worshipped? Practice this soul conscious stage.

How can you have arrogance? If someone has arrogance, you have to keep that person happy. One who doesn't have arrogance can enable others to have the experience of what happiness is and who God is. Be in the body but don't have arrogance of it.

If anyone remembered me in a bodily way I would not be able to do service! So the bodiless stage must always be there. When someone elevated leaves the body, no-one can cry. On the basis of experiencing the bodiless stage of Baba, many people's arrogance has died.

Just as Baba has used Brahma Baba as an instrument, I have to keep myself useful, so that Baba can use me. You use God and God should use you! This is all God's work. Give your place, company and service. Don't be discontent, this too is arrogance.

Sometimes I slap myself and think - God didn't make a mistake by giving me this part. God understood exactly what he was doing when He placed me here. We have to be very knowledgeable about the drama. Each one has his own part to play.

There needs to be spiritual love in all relationships, along with friendly love and motherly love. In spiritual love my nature gives happiness to others. Love should be given to others, so that they experience happiness. You will have the feeling that God has made this one so good through His teachings. Then when you give these teachings to others, they will listen to you. People should see that these people became ones with such a head and heart though God's teachings. No-one else can do this.

This practice of being bodiless allows many tasks to be done. Baba would just stay in the hut so much done just through being in that stage. Actually the power of the soul

Continued on bottom of next page

DADI JANKI – 12 AUGUST 2012 – GCH, LONDON

DRAW LOVE FROM BABA



What does Baba do that He is loved so much? God transforms the intellect of souls and that is why He is loved. Baba makes us karmateet and complete with all wealth. However, when there is doubt in the intellect then the soul cannot receive anything. When there is faith, victory is guaranteed. Dadi feels that it is through faith that she has gained victory. She says this with great intoxication! I need to have faith and to be faithful. One who has faith feels that everything good will happen – it is guaranteed.

Everything that Baba has is available to me. All treasures, all virtues are mine. The soul becomes happy when it emerges virtues. Baba gives the return of the bhavna a soul has for Him... the feelings a soul has for Him.

When a soul remains a trustee then Baba gives the fruit of making that soul bodiless. Then the soul doesn't have the burden of the task on his or her head. He or she does not doubt then if something will happen or not – it is as if it has already happened – as if it is guaranteed.

***Continued from page 2:
Interview with Dadi Janki - 12 August 2012 Evening - GRC
Look at God and then at yourself***

conscious stage gets things done. The stage of being incorporeal also destroys the ego. Sakar Baba became karmateet this way.

When we practice soul consciousness, does it make us bodiless immediately or does this take a lot of time?

Do you have doubt about this? Faith gives the experience of victory. Many of you have a very deep subtle aspect of doubt in you. The work that God has made you an instrument for - there should never be doubt in this. You simply have to understand who

Baba has taught us – made us as we are... shown us how to have give and take accurately. How much happiness can a human being give? If you want to take enough to fill you for all time, if you want to take the complete stock of happiness that is available, then take from God. The fruit of actions and the power that comes through yoga fills the soul. However, this is the work each one has to do for the self. If I remember anyone except for Baba then there won't be strength. If there isn't remembrance whilst performing actions the soul cannot receive the full fruit. It doesn't matter how much you may work, if there isn't remembrance, you cannot receive the full fruit. The soul then gets tired and when you get tired that old nature you may have thought you had left behind begins to emerge.

When there is less remembrance then we cannot get on with each other with love. When someone has true and deep remembrance, others feel him/her to be very loving. Where has Dadi received love from? From Baba. Dadi has

you are and allow it to touch your heart and you can develop this faith. Just think that I have to do this, whoever is the instrument, that work will get done. So win and become number one.

God has made me worthy of being like Him. So look at Him and then look at yourself, see the sakar, avyakt and incorporeal form. Then I don't compare myself with others and I just know that the understanding God has given me allows me to make myself fortunate. I just have to accept what He says.

received an abundance of love from Baba. And my feeling is for each one of you to take that much love so that you sing the song, 'Who can give as much love as I have received'? Even in the family, each one takes love from Baba and thanks Baba for that. Baba's love is of such a quality that it makes one detached like a lotus. Baba's love makes one detached from the body and only then can the soul be completely loving, because only when a soul is detached can it be up above with Baba.

If you want to receive Baba's love then take the blessings of the Mother and Father so that the burden of sins can be removed from your head. The things of the past can be finished when we take the blessings and love of the Mother and Father. If it were not for the blessings from Baba where would we all be? The more we do service, the more our health, wealth and happiness increase.

In fact, it is not a matter of giving but of sowing the seeds of your future fortune. This is why in the Yagya we never say 'donation'. It is a matter of sowing seeds in an incognito way. This is why we don't mention names. We receive the fruit of those seeds now and in the golden age.

Thus, to the extent you serve with body, mind and wealth, you feel the return coming to you. The return Baba gives for remembrance is different from the return for service. The return for the work we do in unity is also different.

Baba is enabling us to create our fortune. We receive Baba's sustenance. When we serve through our body, mind and wealth, we receive all types of help from Baba.

DADI JANKI - 7 AUGUST 2012 - GCH, LONDON (PM)

WHO IS LOOKING AT BABA ALL DAY?



When we sit in Baba's remembrance, pay attention to nothing else. What do we need to do now, except sleep well at night and have good Amrit Vela in the morning? We need to finish waste thoughts quickly and to make sure no other types of thoughts come, so that we can be present in the present moment. Everything happens accurately and for the best, so there is no need to think of tomorrow. Let your intellect be beyond the limited. Baba says, 'Be the way I am' and thus be pulled to Him. The Incorporeal One is making us corporeal ones like Him.

Brahma Baba became like Him. Just as Brahma Baba is like Shiv Baba, in the same way we can become like Him. Don't remember mantras but keep just One Baba in mind; see Baba and see the self. We like ourselves when we see Baba first. Without this habit we see ourselves and others and it doesn't feel good. Who is looking at Baba all day...seeing, knowing and recognizing? By recognising the Bestower who gives everything, the soul automatically draws from Him. Hear the song: 'Someone up there is pulling me with the thread of love'. This thread is strong, good and very deep. It is the wonderful thread of love and it is so subtle.

Baba is wonderful and drama is wonderful. When there is relationship with the Supreme Soul, we cannot help but say 'My Baba'. All souls have become separated from the Supreme Soul and souls now can quickly experience Baba, when they are in the right atmosphere and gathering. In becoming detached, automatically the soul feels the loving connection of soul to Supreme Soul, and the agent enables a meeting to happen. As Baba pulls the soul, the soul becomes more detached from here and with this love we let go of the things of this world. Someone asked, 'Why do so few come into this

knowledge from other faiths?' It is Baba's children of a cycle ago who are pulled by Baba. It is all a matter of awareness. The soul says 'my religion is peace' and this religion becomes the deity religion; we are becoming the deity form with happiness. Yet there is the pull to become angels first. Who has this attraction to want to become an angel?

The activity we are involved in at the Confluence Age no one else can do and it only happens through renunciation and tapasya. When there is the power of purity, peace and love working, then Baba's children have an unshakeable and immovable form that becomes free of obstacles. Service happens when the stage is free of obstacles. A soul who is to become an angel will not touch any ordinary sanskars. Baba's light and might works through them, and whilst doing tasks there is no consciousness of 'I'.

Baba has given a very good timetable through from Amrit Vela to night-time. What effort is Dadi making now? Baba teaches patience, peace and love and that this body is entrusted to me. It is Baba's treasure, so whatever is done through this body is done in a natural way. Dadi's effort is to have an honest heart with which the Lord is pleased and to ensure all of you remain happy! Pay attention that no defects and weaknesses remain.

When the child has courage the Father helps; He gives help when He sees we have the courage to take the steps and then does everything through us in a very good way. He is the One who is pleased when we take the benefit of this contract. Those who interact in a way that blames others are seen by Dharamraj who is sitting with Baba, hidden away. There is a variety of Baba's children; some have defamed and some have sacrificed but Baba with renunciation

and tapasya was so strong and created the foundation for all of us.

Baba is our ancestor and Baba is merged in all the faces of the ancestor souls. Whatever type of body they are in, they will have subtle remembrance and, the more subtle we are, the more good things can happen. Dadi Gulzar is the messenger but Baba pulls the ancestor souls up there and all of us are invited too. Through the Avyakt messages we have the experience of love and that Baba is 'mine'. Baba says 'You are Mine' and a sweet feeling emerges. Thank you, Baba, that you have made us part of the rosary of victory through faith.

When we maintain the awareness that 'victory is guaranteed' then it will happen. Attitude and awareness are close companions and closely connected. When the attitude is elevated then pure awareness will work. When there is something subtle blocking in the attitude, it will also be in the awareness.

Each one is pulled by Baba. Is service hard work? It is happiness that makes it happen and we receive blessings through service. Finish any sorrow from the past, as now it is the Confluence Age. A hero actor keeps the attention that all are watching and is able to apply a full stop in a second, go into the dot and the Ocean.

Service is fortune, teaching us and bringing us to this point. Now our attention needs to be on dharna for the sake of service. If our words are ordinary, it means we haven't used knowledge. Dadi has been clarifying what gossip is – it often comes from speaking more than necessary. No one could say useless things in front of Baba - or Dadi. We have to use time in a worthwhile way and then our boat can go across.

DADI JANKI – 30 JULY 2012 – SHANTIVAN FOCUS ON THE PRESENT MOMENT



The atmosphere of Madhuban reaches all corners of the world. The power of the gathering is the attraction of Madhuban. All of you are servers of the Yagya. We have no other duty or task apart from this. So check yourself: am I a renunciate? Do I have any attraction to the body, bodily relations or facilities? Renunciation means renunciation. Tapasya cannot happen without renunciation. No matter how much you may try to remember Baba, there will be a pull to other things. It won't allow the intellect to connect with Baba. Baba is the wonderful Innocent Lord, the Bestower of Blessings. We may have the desire to have a meeting with Baba, but I will have to go alone to meet Him. Whether it is to celebrate a meeting in the physical or in the avyakt form, I will have to go alone, meaning detached from the body. Now, go beyond the consciousness of the body.

Please don't miss Amrit Vela. The effort you make now, you will create sanskars of making easy effort which will give you joy. It's not a big thing to experience the happiness of Golden Age. Who experiences the joy of making good efforts? Raise your hands with honesty. The joy one receives from making efforts ensures that I will always give joy; never cause sorrow or take sorrow. These are signs of who are good, true, intense and constant effort-makers: true effort is to remember One Baba and none other. You are serving in Baba's Yagya, so why should you remember other matters? Why remember anyone else? Why remember what happened yesterday? Yesterday has passed by - it won't return will it? What happened has happened; whatever is to happen will be seen. Focus on the 'now'. Baba loved adding this line in all of the literature: Now or never... If I say, not now, not now then I will never get down to making efforts. Keep these words in your heart:

Child, do what you need to do now. I can't say how will I learn or make excuses. If I am not doing as Baba wishes it means I am doing something else; I am following manmat and parmat. Those who follow manmat and parmat are like donkeys. A donkey does what another tells him to do; he cannot use his own intellect. I am God's child, child of the Bestower of Fortune, child of the Bestower of peace, Bestower of the Remover of Sorrow... turn the rosary of all the titles of 'Whose child you are?' What is my Father like? He is so beautiful...Satyam (The Truth), Shivam (Benevolent One), Sundaram (Beautiful One). I know my Father don't I?

Baba says, don't come into sound. Go from the talkie world into the movie world. While having conversations, start off with silence, and also take couple of moments in between to go into silence and then resume the conversation. If we think and talk extra, will we be able to share gyan accurately and sensibly? Is it easy to sit in front of a big audience with Baba and Mama behind us and share powerfully? Sit on your seat and ask yourself "Who am I?" "Who do I belong to?" Dadi is always concerned about this and what we need to be doing. We know shrimat completely. When the intellect is with Baba, then I won't know how to do anything except follow Shrimat. Storms cannot do anything to the one whose companion is God Himself. Examinations aren't a big thing because Baba is sitting with me... it's a stage of great stability. Baba sees I am unshakeable and so is bound to help the child. If I have no faith in Baba, Baba becomes free and says ok go ahead and stumble around if you wish... Baba tells us that we are His children and thus we should give our burdens to Him, but we forget this fact. We have the habit of carrying burdens. Learn the song, "Fly away O bird, this country has

been a stranger to us..." and practise being the embodiment of letting go. Don't hold onto branches while trying to fly. What if death comes to you at that time? Keep one strength and trust in One. You are my only support Baba. Is this faith or bhakti? These sanskars of faith will help me in bhakti as well and so we are making them very firm now.

The soul and Supreme Soul have been separated from each other for a long time. This is the Confluence Age where the Satguru has been found through the broker. I had once asked Sakar Baba who the broker is who has brought us together with the Supreme. We souls had been wandering around. We had family and relations but the soul had still been stumbling around. You have this experience, don't you? You had a body and relationships but the soul was still wandering around. When you found your Parents, the stumbling stopped. Where were you stumbling? You had been wandering around after limited pleasures and had been only doing bhakti out of those desires. You had been cheating yourself. Dadi has never done such bhakti. The fruit of having an attitude of renunciation enabled us to find God easily at the Confluence Age. I did bhakti so that my intellect could be connected with God. I didn't want anything else. I never did bhakti for the sake of fulfilling any desire or wants. I never offered fruits and flowers to the deities, or sat in worship. We had a small temple inside our house, but I was never into rituals. I used to read the Granth Sahib and Bhagwad Gita only so that the intellect would stay connected with God. I would look at my parents and see that even though they were sitting for worship their intellect would be drawn to the housework or business. I didn't want to do such bhakti. Baba gives us great happiness when we remember Him with a true heart.

DADI JANKI – 8 AUGUST 2012 – GCH, LONDON

THE MURLI IN ONE HAND, HEAVEN IN THE OTHER

Some of you test Dadi by not saying 'Om shanti'. Who tests Dadi the most? Is it the body? Whoever is testing likes doing that and the one being tested also appreciates it, because it draws their attention. Baba tests us in order to see what we are actually doing with all the attainments He has given. The family also tests us. We have found God and we have all the attainments, and so of course we will be tested. We have the chance now to earn an income at every step. This is how we will become angels.

We have Brahma Baba in front of us. Baba made it clear that he would not attain a royal status just by giving his body on rent to Shiv Baba; he had to make his own effort too. We have to see 'that Father' (Shiv Baba) and follow 'this father' (Brahma). Only we Brahmins know how Radhe and Krishna, Lakshmi and Narayan, earned their royal status.

It took Mama only a year and half after taking drishti from Baba to transform herself from a fashionable girl called Radhe into Mama. When Baba once asked Mama, after offering bhog to Baba: 'Do you consider yourself to be Lakshmi, the one who belongs to Narayan?' Mama's feeling was that belonging to God now was a higher status than that of Lakshmi.

At this time of the confluence age we need to practice experiencing our avyakt, incorporeal and perfect stage – so that they become stable and permanent. Then, others seeing our stability will be able to experience that for themselves. Our mansa seva is constantly to have pure and positive thoughts – for the self, first of all, and then for everyone else. As a detached observer, seeing everything with that stage, we are able to uplift and have good wishes for all and benefit the world - we will even be able to uplift even those who harm us.

In the sakar murlis Baba gives us the knowledge of the Creator and the creation. Baba draws our attention to all four subjects of knowledge, yoga, dharna and service in every single murli. Baba talks today about how the old women can share knowledge. Is that because the younger ones don't listen?

***'Revise the murli
several times
every day and
see to what
extent you put it
into practice in
your life'***

Baba may only be speaking to us for an hour but what Baba says should be working for 24 hours inside us. All we have to think about is: who am I and what do I have to do? Baba is telling us the truth – the story of immortality – through which we will become Narayan, immortal. God is saying to you: May you become this! So all day long let there be the feeling that, yes, this will happen.

Throughout the day everyone is playing their wonderful part very well. Baba is concerned for each and every one of us. So, know your own part, recognise God and have love for one another: know yourself, recognise God and then all your relationships will be spiritual and loving. It is so important to maintain that Godly intoxication within yourself at all times.

We first celebrate the Rakhi of purity, the most auspicious of all festivals, and then Janmashthami, the birth of Krishna and the coming of the golden age. Baba loved the

picture of Krishna kicking away hell and holding heaven on the palm of his hand. We hold the murli in one hand and heaven in the other.

When you have ingrained knowledge deeply inside you, you will certainly go to the land of Vishnu and be threaded in the garland around Baba's neck. Look at Baba with that faith and you will be part of the rosary of victory.

What is effort? To remain happy and share happiness with others. If you think about anything else, you will get pulled into that and then it will be difficult to get back your happiness. Don't allow yourself to get caught up in clarifying what went wrong or proving that you are right.

That is just gossiping and wasting time and it will prevent you from experiencing real yoga. See what power you can receive from yoga! With that you will create a beautiful atmosphere and spread the vibrations far and wide. This is the yogi life that we all should experience. This life that Baba has created for us is so wonderful. I would say 'Thank you, Baba!' But Baba once said: 'Don't say thank you, children – it is your fortune. You have created this life with understanding – with one strength and support and faith in One.

Om shanti



DADI JANKI – 11 AUGUST 2012 EVENING - Q&A - GRC, FRIENDSHIP, TRUST AND LOVE



Q: There has been a general feeling that we are now working as friends, not as business partners. Can you expand on that?

There is no such thing here as hierarchy, because there is fear in hierarchy and then there isn't a feeling of belonging. You speak of the word friendly. I never use the word organization; we are a family, we are children of the one Father. If someone tries to say Namaste to me I shake their hand!

All the differences that are created due to color, creed, religion etc in the world don't exist here. I just follow shrimat and therefore whatever words I speak are meaningful and sweet. The head stays cool, the heart happy. To have a simple nature means there is honesty within and sweetness in that. Then it is a friendship, not an ordinary friendship, it is a friendship created on the basis on the feeling of belonging to each other. The eyes of the world are opening and they are observing how you all work together, so you must all now wake up! In the world they all work for money or position only. Here the ones who don't have any desire for money or position are the ones who will move forward.

Q: In the process of working together, how do we build trust?

I have spoken before about friendly love and motherly love. Many say they experience me to be like their mother. Subtly, if there is motherly love, just like Brahma Baba made souls belong to him, then with friendship there is equality and we make everyone belong to Baba. With motherly love we understand this is a home and we work with economy, so we create the atmosphere of the home with love. Motherly love melts the hearts of many souls. Many souls say they have not received the love of my mother because both mother and

father go to work. He is our Mother, Father, Teacher and Friend.

If there isn't friendliness, there is jealousy. On this path of knowledge we must remember our childhood, we are all children of the one Father. As students we just have one aim: to study together. However some have the sanskar of not being able to see others' progress. Ask yourself: am I free of jealousy?

Have the feeling that, just as I am taking from God, let everyone take from God as well.

When we work together and all these subtle aspects end, there can be so much more spirituality in the gathering.

Whenever I see someone new, I always feel that we should sustain this soul. This means that we just need to create the company of those who can make them happy. When there is love amongst us, there is happiness. How do we share happiness? Just keep giving it out as we walk and move around. No matter what happens don't become upset. Don't become moody. The feeling of wanting to learn enables others to stay light with me. Nobody should have the thought: who are you to tell me this? Don't cre-

ate doubt or suspicion. Pure feelings and trust build integrity. By remaining a trustee, it is easy to remain soul conscious. It helps others remain soul conscious too. Dadi has kept so much trust in souls. Even if you don't have trust in yourself, remember the trust Dadi has in you. So let me remain seated on my seat. Courage, trust and pure feelings (bhavna) - even if you don't have a penny, keep these with you. Sometimes I didn't have the money to travel and yet I sat on the train and someone gave me a ticket...

Q: The combination of clear knowledge and a powerful atmosphere pulls souls. Baba wants us to serve with our face and features. How do we create such an atmosphere?

Dadi has so much love for all of you. It is very necessary to spread love. Take from Baba and realise that He is the Ocean of Love and we are thirsty for that love. Even if the souls of the world get a drop of that love, they feel so happy. The heart then can accept these simple teachings. Don't remain dry. Some teachers don't even smile at anyone all day! So do you have motherly love or friendly love? Create the right to receive love.

We don't want anyone who just gives orders here. Do everything with love. Don't avoid or ignore anything. So it is time to sacrifice everything impure! Now finish all the weaknesses that remain.

Om shanti.



DADI JANKI – 9 AUGUST 2012, GCH AM CELEBRATE WITH THE DANCE WITHIN



Today is the day of the Satguru and also Janamasthami, the birthday of Sri Krishna. Who is greater Brahma Baba or Sri Krishna? Brahma Baba represents Satgururwah and Sri Krishna represents Janamasthami. To come to class means to dance with happiness. Last night's class was on 'what is effort?'. All of you are becoming golden aged princes and princesses. And now are the ones who belong to the Lord and Master; do you have this intoxication?

To be a princess is not a big thing but to have the intoxication of being one is! Dadi spends time each morning giving almonds to many and her feeling is of meeting the princes and princesses. The more we stay in our spirituality, by drawing from Baba and being in the stage of soul consciousness then our words never become bitter nor can we ever become unhappy. When you are sad there is a difference in your activity and words. Baba would say in the old days that the ones who remain sad will become the maids and servants.

Those who know the importance of everyday and every moment are the emperors and empresses: there is a lot of happiness and intoxication experienced. There are courageous and brave ones. (If you want to know about bravery learn from Hansa. She awakens at 12 or 1am. The Almighty Father is giving her such might that this might is enabling her to do everything, she is an example). Let the sound emerge from you that 'it is the might of the Almighty Father that is making me move along'.

Do you think I have extra attachment to some people or is it love? Attachment and love.....both cannot coexist. If there is even the slightest attachment then we cannot experience godly love, the love that

makes us complete and perfect. The contract with Baba is cancelled when there is the slightest attachment. In the final chapter of the Gita it talks about becoming the conqueror of attachment to any bodily being. Finish this to such an extent that there is no trace remaining. A conqueror of attachment means to be a conqueror of maya. Such a soul never performs actions they would have to repent for afterwards. Those who conquer attachment do things accurately and effortlessly.

***Baba, in the
Murli, has been
talking of so
many things we
have to make
effort on. The
Golden Age
is the time to
experience the
reward. Now,
the Confluence
Age, is the time
to make effort.***

Today's blessing is wonderful... those who have the Father's hand on their head then experience the combined form. Speak of effort and experience the victory. This is in our own hands. Ask yourself: 'Who am I?' and 'Who is Mine?'. Continue to exercise in this way - looking at the self asking 'Who am I? And look up above and see who you belong to. The ones who are dancing inside are the real effort makers.

My experience nowadays is that when Dadi Gulzar goes to the subtle region she sees that first Baba gives me a lot of love and becomes lost in Baba's love and emerges everyone there. I have the feeling that Baba pulls me although I am not a trans messenger.

Dadi shares that we are all emerged in the subtle region. Celebrate Janamastami and become present in front of Baba and celebrate with the dance within.

Do not become heavy for a second as when we are heavy we cannot dance. Sometimes there is ego of the self and doubts of others and situations. Both of these illnesses interrupt and disturb our remembrance. Sometimes people feel disrespected, because of doubts. Baba says become clean internally.

Dadi loves the ones who prepare the bhog. A real bandari is one whose clothes never get spoilt whilst cooking, never revealing all the work they have done! People in the kitchen here at GCH prepare the bhog and then come to class. Dadi has special love for these souls as they never miss class.

Dadi has so much intoxication for whatever karankaravanhar Baba says through the murli. When I read the Avyakt murli on a Sunday I remember that it is through the Avyakt murlis that everyone abroad has taken birth and are sustained. How have we become so worthy, it is through the murlis.

Love for Baba and for the murlis. Always consider that your home is Madhuban. Where ever you stay is a place to stay for namesake as an instrument. Our real home is Madhuban.

DADI JANKI - 31 JULY 2012 (PM) – SHANTIVAN

BABA'S MURLI NEEDS TO BE REVISED, REPEATED AND REALISED

Repeat the Murli to one another and revise it in your mind. Give a lot of time to revising and repeating the Murli. Unless you revise the Murli you cannot have any realisations. It is from realisations that the intellect becomes elevated and there will be clarity in the mind. With clarity in the intellect everything becomes easy.

You are my brothers and sisters and also my friends. It is taken lightly that we are speaking to our brothers and sisters. Friendship says that we belong to one class. We all join together and therefore there is friendship. Thirdly, we are companions on the pilgrimage of remembrance and therefore we have regard for one another and so we belong to one another. We should have so much love for each other that whatever is said should be accepted with a lot of love and without any feeling of loss.

Everyone has their own specialities but I personally have to become perfect in such a way that I become 16 celestial degrees complete. Do this and Baba will love you so much. Then when remembering Him, His love is remembered simultaneously.

The day before yesterday Baba gave a message through Dadi Gulzar. Dadi read the latest message:-

1. Time and thought - these two diamonds must be made successful and the one who makes them successful is the real actor, the hero actor.
2. Always consider yourself to be an instrument. Remain humble and stay close in every task. Be a companion and say 'yes' to all service. Make this lesson very firm
3. Always remain cheerful and give the co-operation of happiness to everyone.

Dadi: We all give our co-operation at amrit vela. Bring whatever Baba says into your practical life. Then in the future you will not need to repent. Have the thought that whatever Baba is saying is for me personally. In this way your effort will be such that you will never repent.

The following are recent messages sent from BapDada through Dadi Gulzar. Dadi wishes you to take these blessings as your own and to use them in your life.

- a) You are My beloved child. You are gurubhai. You are the image and personality of purity. You are a world benefactor with the unlimited feeling of doing unlimited service.
- b) Win and One is your godly birthright. You always remain in economy and always have remembrance of the One Father. Giving this message... Baba merged you in His eyes. .
- c) Service is very valuable and this body is also most valuable. Baba said: sitting in one place you can do a lot of service and receive a great deal of happiness and you should distribute happiness to many souls and this happens when you are happy. Baba makes everyone content.
- d) You are the star of success and the child of the Comforter of the Hearts and are attaining blessings from the Bestower of Blessings. Blessings are received by Baba; the one who distributes the blessing and makes others fly with the blessing is an elevated soul, the mirror of the new age and is always adorned with Baba's blessings.
- e) BapDada's spiritual rose, the very loving child and the one who remains in solitude. The health

may be disturbed sometimes but Baba's blessings are making the body move. The importance of the Murli and of churning the Murli gives the attainment of extra energy.

- f) The one who has a constant stage and stays in solitude. The one who claims the rights of every kalpa, the hero actor of Madhuban and the one who stays in the remembrance of the Zero. Let the health be in any condition, Baba's blessings and mercy are making the body move.
- g) Be an instrument, have humility and consider yourself to be an elevated soul connected and in relationship with the Father

Dadi: Do you have this thought throughout the day - to have connection and relationship with the one Father? The one who lives every step according to Shrimat is the one who ties Baba in their love. You can all tie Baba in your love, can't you?

- h) Be free from all negative thoughts and the one who is the foundation for transforming the world. We have to fulfil all these desires. Be the companion of the Father. Be a detached observer. Look at every circumstance and remain unshakable and immovable and be an example for everyone. When someone is an example it becomes easy for others to follow them.
- i) Follow the Father in every action and let the hand of blessings be on your head.

Dadi keeps the jewels of knowledge with her and whatever Baba tells her she notes down in her mind and intellect.

DADI JANKI – 10 AUGUST 2012 – GRC, OXFORD

HAVE YOU UNDERSTOOD AND RECOGNISED YOURSELF?

It is essential to understand the self on a very deep level. Dadi feels that many of you have not understood yourselves. It is relatively easy to understand Baba who is the Supreme Soul and who dwells in Paramdham. You have understood that He comes at the Confluence and teaches through Brahma. You may be sitting here and doing service but have you understood yourself very deeply? I am that same soul who was sitting here a kalpa ago having understood Baba... I am that same soul who is playing a very special part at the Confluence Age. It is time to go deep and to understand the self.

Ask the self: Am I deeply happy? You can only be deeply happy if you understand and recognise yourself. If you understand and recognise the self you will understand Shrimat and to follow it accurately. Ok – whatever has been until now accept it and put a full stop. It was drama. If you have complaints or ask ‘why’ and ‘what’ it means you have not understood drama.

When you are deeply truthful you will understand everything. Open up your intellect and see what is truth. It is on the basis of truth that all work gets done and you can recognise your value and that Dadi can recognise your value. We are walking on the path of truth and we have travelled a great distance. Look at where the world is and look at where we are sitting. Recognise the huge significance... the enormous value...

I need to hold the awareness, as Brahma Baba constantly did, that I have taken 84 births and this is now my last birth. The word ‘last’ has a lot of importance and significance. I have attained the Father who gives me salvation. That One has made me His own. Now, what do I have to do? In this, my last birth, He is catching hold of my ears. Brahma Baba explained to very few souls directly

but he explained in such a way that those who heard him have gone on to explain to many.

‘Baba’s job is to purify everyone. We have to uplift everyone’

Baba does not look at defects – He just aims to bring benefit. Just as Baba uplifted even the greatest sinners through His drishti, I have to do the same through my drishti. When we came, we wrote down all the wrong actions we had done. Baba burnt those in a big boiler. He didn’t even look at the paper. If you want to take benefit from Baba and lift yourself up then do this.

By being honest you can become great. When we were in darkness we didn’t even realise what sin was. When we did bhakti we also performed wrong actions and so we continued to receive the return of those wrong actions. Baba has now clarified everything to us and allowed us to become free from performing sinful actions. He forgives us for what we have done and when we establish ourselves in yoga He destroys our negative karma. He teaches us how to perform pure karma.

In fact, many of you are still under the influence of your own nature. You may not even realise its impact and how harmful it is on you. You connect with people according to their nature. If you think someone is not your type you don’t connect so easily with them. You don’t realise that we are all children of Baba, all in one family, all doing Godly service. This is what Dadi is seeing...

If anyone is having trouble with you then you need to check yourself.

My nature has to be very flexible. A flexible nature makes one an easy yogi and co-operative. A yogi is co-operative and a co-operative soul is a yogi. When you are light you receive Baba’s might. Then everything becomes right. I should be so light that no-one worries about having to ask me for something or tell me something.

You are all wise yet your thinking sometimes brings you down. According to time, you need to really use knowledge. If you didn’t have this knowledge what would be the condition of your life. If you go back to the world then where will you go? The world is in a mess. We are instruments and we have to remain humble. Internally truth and in interaction humility. This is what will make you and your life successful. When there is real humility then your voice and words will be very sweet. Your whole nature can then change. Truth is closely connected to humility... Speak sweetly, softly, slowly... become friendly. To recognise the self, to become truthful, flexible and humble... these aspects are very, very important.

Om Shanti



DADI JANKI - 1 AUGUST 2012 (PM) – SHANTIVAN SILENCE IS ESSENTIAL...

What is the difference between peace and silence? We say that our original nature is peace. To experience that true state of peace I need to become introverted and go into silence. I need to go so deep into this that I can experience how I was at the beginning of the cycle. I also need to experience how I was when I was in the immortal stage, in the supreme abode...

You are all listening but practically you should have the feeling of the attainment of whose child I am. I should now be able to experience a stage free from all obstacles and free from all bondages. We have to deal with everything, remain in relationship with the body and with bodily relations, yet but while maintaining the practice of remaining detached.

This can only happen when one experiences silence. I feel so happy to remain beyond sound, in silence and then doing service. It is not necessary to come into sound again and again. When we come into sound, something changes. We come into sound

unnecessarily many times and bring others into sound.

If there is peace there is love, if there is love there is power. Then, whatever circumstances come in front of us, we can deal with them peacefully. There are 8 powers and silence is the basis of them. The power of silence makes everything easy. It is a subtle aspect but if you come into sound you will not find a solution to your situations. In silence and in peace there is the power of love... and so there first has to be silence and peace – then when you come into sound it will be with that feeling of love and problems can be resolved.

If I keep coming into sound then I lose my energy. In order to be able to work peacefully, not a dry type of peace but rather peace filled with love and true feelings, I need to fill myself with silence. My peace and silence can then reach everyone. My words will become simple and easy. I will automatically get the experiences I want to have.

I have to care, share and inspire. Our very lives are for this purpose. If I am going to care then I have to leave my carelessness nature. Many waste their time in gossiping. We do need to share with each other but not gossip. What then should we share? Jewels of knowledge and our positive experiences. If you put what Baba says into your practical life then Baba will definitely love you. Baba has special love and showers love on those who bring into practical what He says.

Time and thoughts are diamonds and they have to be used in a worthwhile way. Baba's words are filled with mercy and blessings and He gives each of us sakash in order for us to be able to bring them into our practical lives. In fact, you have all reached this far by receiving the sakash in Baba's love. In order to become truly loving to Baba we have to change. My character and my life should be such that Baba feels love for me on seeing me.

Om Shanti

DADI GULZAR - 19TH JUNE 2012 - PUBLIC PROGRAMME, BEIJING DO YOU LIKE PEACE OR PEACELESSNESS?

Do you like peace or peacelessness? Even though we like peace what is the reason for peacelessness?

There are two reasons for peacelessness:-

1. Waste thoughts

2. Negative thoughts

Now the question is how can we finish waste or negative thoughts. There is one mistake which we make because of which there is peacelessness.

Whenever a negative thought emerges we do not say 'I the mind' we say 'my mind'. When you say MY there must be someone who owns it. Now who is this I which says "I am peaceless"? Once we lose the awareness that I am the owner then I am peaceless and in trouble. Because I the soul have forgotten that I am the creator of my creation. Then the mind is in trouble. I must know about my self the one which controls my hands, my senses. Who I am

and who my Supreme Father is needs to be understood. I am a soul, the child of the Supreme Power - when I understand this then I will be able to experience real power. What do you consider yourself - as a body, or as a soul?

Someone said they consider themselves as both. When I say I consider myself the master of the body and the child of the Supreme I get the power to control the body. Generally speaking I will say "my head is aching" I will not say I, the head, am aching".

By having a connection with the Supreme power I get the power to see everybody as my brother souls. That power can be drawn from the Supreme. That's why by taking the meditation course to control the mind we can control the mind and experience peace and bliss in life. I would suggest you to take some out of your busy schedule and experience these powers.

Om Shanti

DADI JANKI – 29 JULY 2012 – OM SHANTI BHAVAN

THIS IS THE LESSON OF ‘ALONE’



Why does Baba tell us to remember Him? Is there any Murli where Baba does not tell us to remember Him? The avyakt Murlis are a mirror in which I need to look at myself. Remembrance is also a mirror. My quality of remembrance should be such that it is also a mirror for me.

Baba reminds us that we have taken 84 births. We have shed our bodies many times and taken birth many times. But this time, whilst shedding my body, I should not remember anyone. Whatever is pulling and affecting the soul from the past birth has to be finished. In my final moments I will not have time to prepare to leave the body. All the preparation has to be done now. Baba has come into my last birth.

He is the One I now have to remember. Shiv Baba also came into the last birth of Brahma. It was as if Brahma belonged to Him. That was the feeling we got. Brahma Baba was very interested in ‘belonging’ to Shiv Baba...

So, what is meant by volcanic yoga? It is this attitude of ‘belonging’ to Baba that makes a soul so close to Baba that it can fill the self with treasures. Brahma Baba previously had many relationships and contacts but he was able to forget all those people instantly.

Baba has whispered in our ears again and again that the whole world will be destroyed now. Souls will return home. Some will come to play their parts for just a short time. Thus, before destruction I have to realise that everything is perishable. Baba has taught us to have the attitude that everything has already been destroyed. My own body, my bodily relations, all physical possessions and all material goods are to be destroyed – all that is perishable, all that can be seen with these eyes, will be destroyed.

Baba has reminded us that just as He is an imperishable soul, so too we are imperishable souls.

‘In the history of the Yagya there are very few souls who have been able to take the full benefit of what is being given by God’

Some have taken benefit and gone away. Destruction will happen and so whatever rights and fortune you want to claim, have to be claimed now. Thus, do service with the attitude ‘nothing is mine, everything is His’ and everything of yours will be used for benefit. Until I remove the consciousness of ‘I and my body’ then there cannot be benefit.

Someone told Dadi that they feel insecure. This feeling of insecurity comes when the soul has not understood God to be their Father. The mind becomes weak when feelings of insecurity arise. Don’t now allow yourself to carry a burden on your head! Baba has shown us how to remove the burdens - I just have to follow what He says. We do know how to lift the burden and we also have the practice of lifting it.

Do I need to remember any painful things of the past? Even if the body is experiencing pain I should try to leave it aside by remembering Baba. You will definitely feel then that the pain has reduced. Don’t keep talking about the pain. Remember Baba and you will see how the pain finishes. If you talk about your pain and your

bondages and burdens then you will not be able to receive Baba’s help because you will be too caught up to catch it. If you stop talking about these things and even thinking about them then Baba will be able to help you and you will become free.

Dadiji used to talk of how we come alone, be alone, go alone and remember the One Father alone.

This is the lesson of ‘alone’. This is the last moment of the last birth. Check if you are taking full marks. Not one second should go to waste. I should not allow unnecessary thoughts. Don’t allow yourself to be a ‘namesake’ Brahmin. I have to be a true Brahmin. Don’t let your intellect wander anywhere. One who has great faith in their intellect can be carefree.

Faith in the fact that I am a soul, this is my Father and this is a drama brings victory and the soul can be carefree. The soul will then not worry what will happen next – the thought of whether something will happen or not will not come. The intellect will become stable and there will be the freedom of being carefree.

Now remember these aspects:-

I have to become true gold.

If I am light, I will receive might.

I can become what I want to become in a second.

Remembrance of One God will bring me a great deal of help.

Om Shanti

DADI JANKI SHARING FROM THE HEART

3RD AUGUST 2012



Love is receiving blessings. The return of love is to be obedient, to be worthy and to claim blessings. You don't receive blessings by asking for them, but they automatically emerge from the hearts of others. In order for me to receive blessings, I have to become the practical proof, and my fortune begins to be created.

I am then able to remain faithful and belong to one Baba and none other. My intellect should not be drawn to anyone. I should not become impressed with anyone or have dislike for anyone. There mustn't be any favoritism – this one is good and this one is not good.

Baba had sent a message about two diamonds of Time and Thoughts for us to become like a diamond. I have to use both time and thoughts in a worthwhile way.

A couple of days ago, Dadi Gulzarji was kind enough to bring a short message for Dadi Jankiji from beloved BapDada: You are a hero actor who uses the diamond of both 'Thoughts' and 'Time' in a worthwhile way. You are the humble instrument who is a constant, close companion in every task. You have made the lesson of 'Haan ji' (yes indeed), 'I am present' (Ji Hazoor) very firm. You remain cheerful and give others the co-operation of happiness.

My bhavna is: Do not allow your stage to come down because then it requires effort to go up again. Situations down below should not bring me down. If I remain up above, Baba will be with me.

I have to maintain a spiritual awareness and remind others. This is my honour. This is what you would have experienced during rakhi. I have nothing except this bhavna. If someone stops accepting my bhavna, they cannot progress. Some are able to catch my bhavna and others aren't.

Tying a rakhi means not to allow the self to move away from the feeling of the avyakt meeting. Other souls are inspired when they see us in this way and want to become part of the same gathering. Even if you don't give them knowledge, they want to become part of that gathering. No one wants anything except that love. Become high quality souls. We are the ones who are to become complete. There is a vast difference between people of the world and all of us.

Let my stage constantly remain stable. You can imagine what your stage is when you are in an upheaval and what it is like when everything is fine. One is to create your stage through Baba's remembrance and the other is to be content with everyone. Remain ready that you can be sent on service anywhere. When others see you, they should not see you as an ordinary kumari, but someone very special.

I, the soul, am sitting with Baba. The body is like a baby in front of Baba. I the soul, am becoming angelic and through the angelic stage, I am able to share very powerful vibrations. It is not a big thing to become a deity, but even more important is to serve as an angel at the present time.

Aim is not just to experience happiness of service, but happiness of

your internal stage. Service happens through happiness, not that I become happy through service. The inner happiness I experience of the effort I am making will do service:

It is happiness that does service. When there is happiness, service takes place through your dreams and thoughts.

If you have made the slightest mistake, your happiness will disappear and then even if you are doing any service, it will not be with that happiness. When you do service with your bones and with an honest heart, you are able to serve in three ways. Make others like the self, make souls co-operative and create contacts who can bring others into contact too.

Whenever you have time or when you stop for traffic control, first of all look at the self and then look at Baba. Do not see the nature and sanskars of anyone, but just share real love with everyone.

There are hundreds of thousands involved with the Olympics, but here, there are only a selected few. Each one of you praised is worth millions. Take as much as you want in this short time.

Do not see yourself as that same bodily being any more - You no longer have those sanskars and nature. You are a totally different person now.

USA TEACHERS RETREAT IN PEACE VILLAGE: SISTER MOHINI'S SHORT CLASS, MONDAY, 20 APRIL 2012

How can we have thoughts that are not ordinary? How to make every thought that is created elevated? How to make the capacity of the thought grow?

Every thought that comes should be elevated. A waste thought may come, but how much am I going to think about it? Make the mind quiet in order to catch signals from Baba for myself and for service. In that quiet mind, look to Baba, stay close to Baba and ask for guidance.

What is the gap between what I believe and what I am? If, every day, the gap becomes less, then one becomes an example. Now is the time to think new thoughts that are very elevated, to grow the practice of not having ideas but having visions. Our inner silence is reflected in our words and activities. We need to integrate silence into whatever we do or plan. From doing this, big, unlimited plans will emerge. Every year new plans emerge, new ways to reveal Baba. Use silence for some bigger achievement.

But inner development involves more than just silence. Our attention now needs to be on elevated thought, on our "mental activity and mental conduct" (the terms used in the Buddhist tradition). At every moment we should look at our mental conduct. This is what Baba tells us. Recognize how elevated thought is. A true yogi has tremendous power of thought. Baba said in a bhog offering that with the recognition of just one second--that I am the child of the almighty--the soul receives rays of the Almighty and rays of all powers. Dadi Janki said that you all have Raj Yoga power, which comes from practice, but you do not have not God's power, which comes from God. Dadi takes God's power, not just yoga power. Why struggle? Just be in the awareness of being a child of the Almighty. Courage comes from this recognition. Create this consciousness.

Tuesday, May 1, 2012 Sr. Mohini after Murli class

Every child is valuable and special to Baba and He has an abundance of love for each of us. He has adopted us and He cares for us and sustains us, fulfilling all our needs and desires. He wants us to convert that love of His into worthiness, realizations and transformations. 'Worth a diamond' means transparent, sparkling, and valuable. He changes us into this from shells. So always remind the self to spend each moment of the Confluence Age increasing worthiness.

We have to reach our maximum. Whether the circumstances seem favourable or challenging, nothing is against us. Under pressure we can see our hidden potential. Presently, our responses to situations are mixed with things of the past – fear, insecurity, etc. Keep cleansing the feelings: Am I seeing this [person or situation] based on past impressions? Always act from your original self and nature. It is authentic, and it is from there that the two abilities – mind and intellect – function.

Utilize the mind. Make it worthwhile. This is the positive side of why not to waste. Baba has given us so many treasures! I must enhance my thinking ability and power to discern. Brother Jagdish used the word 'sublimation' which means to take something to a very high level. 'OK' isn't enough. Sat – truth – is Baba. Chit is one's inner pure energy completely explored and awakened. There may be subtle laziness and carelessness. This may be connected with chit and chetna. Every scene of drama enables me to be more awake to my calling, my duty and my true self. Sublimation of attitude – means adding and removing things all the time. Sat and chit are awakening from the inside. Volcanic bursts come from this internal

energy. This energy is very enjoyable at the Confluence Age. I the soul am working with God and God is working on me. This makes me feel blissful – anand.

Baba adopted us, so He can never abandon any child. You can lose status or the heart throne, but He cannot abandon you. He has given us asylum. After the partition of India and Pakistan, the government gave refugees that which we had been deprived. Some families went from asylum – having lost everything – to being self sufficient. Others remained refugees and just continued receiving. Those who became self-sufficient had self-respect. They had experienced the good things of life.

It's important to remember the purpose of our adoption – it is to become worthy. After the Gujarat earthquake, all the businessmen who lost their businesses got ten thousand rupees to start anew. Many became wealthy again. Baba similarly gives us everything. We become sensible and create our fortune for many births. The good son of a doctor also becomes a doctor when the father invests in his education. Baba educates us every day. He says, listen – your inheritance and worthiness come from here. My inheritance comes from my diamond merchant and magician father. Brahma Baba will be glorified through my BK life. How much light I share with others is what will reveal ShivBaba. Both fathers have to be revealed. ShivBaba is the Grandfather. Knowledge is from ShivBaba; our lives come from Brahma Baba. It is ShivBaba's bandhara; we are nourished by Brahma bhojan. With a focus on self-development and self-empowerment, I engage in doing, creating and contributing. In every moment, what do I contribute to the Yagya through thoughts, words, and actions?

Continued on bottom of next page

DADI JANKI, 6TH MAY 2012, GRC (UK TEACHERS RETREAT) STAY IN THE FORTUNE OF PLEASURE AND JOY

When Dadi offers bhog to Baba, she often has the feeling and the desire to go and meet Baba. Because it is the Confluence Age, Baba can enable any experience to take place in an open heart. Baba speaks the murli and puts a mirror in front of us and says: Look at yourself in the mirror and see who you are and what you are like. Baba says: Come and meet me in the subtle region, so you feel that you are the ones who stay with me in the subtle region. Baba called everyone to the subtle regions in His recent message (2.5.2012).

Baba said: The children remember Me down there, but let me call them up here to experience the bliss of the subtle region. Here we have to pay attention that the intellect is not pulled anywhere. When Baba pulls us to the subtle region there is the feeling: is this a dream or a reality? It is a reality. When Baba sees the gathering, Baba is pulled to pull everyone up there and meet everyone together. Work that might take an hour Baba accomplishes in 5 or 10 minutes. For example, you may sit in remembrance for one hour, yet when Baba pulls you, there is a deep experience in five minutes.

The Confluence Age is the time for pleasure and joy. Happiness is different. What is the difference? If we are 'in joy', there is happiness. We are Baba's royal children.

We enjoy variety. The Confluence Age is the age of enjoying. Baba has so much love for the children, He celebrates a meeting with us. Then our joy and happiness is able to remove the sorrow of others. There is a deep feeling within to stay in joy and inner happiness and to express this inner state. When Dadi reads Baba's message, Dadi also wishes to experience it. In the last message Baba told everyone to sit on lotus seats and be massaged by the petals. Baba massages us from the top of the head to the tip of our toes. So stay in this pleasure. When we do, there is no confusion. The one who becomes confused becomes anxious and afraid, and when we are confused our 'fuse' is blown. When you get confused see it as an alarm bell. Someone confused takes time over everything. What service can we give if we get confused? So take the fortune of staying in pleasure and joy.

When someone doesn't know their address (the words for know – 'pata karna' and address – 'pata' are the same in Hindi), they can get confused. What is our address? Shiv Baba c/o Brahma, Mount Abu, Rajasthan. Tel no: 01. So what is there to be confused about? What hope can Baba have in a soul who gets confused by situations? At least be Baba's 'lucky' star even if you don't have success. A star of hope some-

times has hope and sometimes lacks it. Hopelessness is dangerous.

To recognise Baba is to recognise the time and the self. Recognise each other too. Nothing is a problem. I have never related someone else's mistake either to Sakar Baba or to Avyakt Baba. If I see someone else's mistake, it is my mistake. If I see someone's speciality it will become my speciality. This is very deep. Whenever there were difficult places or difficult people to live with, Baba would send me there! Become full of love and co-operate with happiness. You will become complete by seeing the specialities and virtues of others.

Baba brings about so much transformation in us and it is godly love that enables this to happen. Baba showed us practically that when we change, the world changes. It is a question of the quality of the intellect – the intellect must be clean. God makes our intellect belong to Him. Who is surrendered with their intellect? One without the slightest trace of ego. No one should ever be afraid of me, because my intellect is a gift from God. In bhakti we would say 'I don't want anything, just give me a good intellect!' It is all a question of the power of the yoga of the intellect. Accumulating this power is what makes our life work. The power of this yoga destroys the sins of the past and gives us strength to perform elevated actions to establish the new world. It enables vibrations to reach thousands of miles away. Baba is the Sun of Knowledge. When we go up above, we experience the warmth of those rays. When we go into the depth of the Ocean of Knowledge, we find jewels. I said to Baba: 'Make me a shining star' so that people can see this sparkle from a distance and have an experience of light and might, power and happiness. What is the transformation do you want to bring about today?

Continued from page 14:

USA Teachers Retreat in Peace Village: Sister Mohini's short class, Monday, 20 April 2012

The Murli is pearls, diamonds, and treasures. We always find new things in it. We belong to Baba and the Yagya. When we recognize Baba we start serving. We needn't receive anything because we have so many resources to provide. We don't ask for anything, even donations. If someone doesn't have money, we don't turn them away. Every center is a little Yagya with all its principles. In Madhuban, no one is turned away or asked to pay. Increase this consciousness of the Yagya. We belong to it and we create it. A lokik Yagya is created either to make something happen or to express gratitude for something that happened. Think about how our consciousness of the Yagya can create the vibrations of Madhuban. Let everyone experience the Yagya.

Om shanti.

Om Shanti

Dadi Janki - 8 August 2012 GCH London

WHAT IS EFFORT?



What is effort? You have been hearing this word for so long, but what does it mean?

[Some shared their thoughts]

Effort is surrender, letting go of anything that is not mine.

Effort is embracing what I love most, it is holding on with love and passion to what I want most.

Effort is accuracy, however if I want to be cooperative but I am not accurate then that is not effort.

Effort is to understand the meaning of a human being and also what is my part in the drama, it means to have love for solitude. This is to be lost in the love for One from morning till night.

Effort is experiencing the angelic stage.

Effort is to remain in soul consciousness, to stay as close to Baba as I can, to conquer attachment and to conquer laziness.

Effort is to be light and fearless internally, to be free of negativity and imbibe positivity.

Effort is something natural, and the result of service is just to bring souls close to Baba.

Effort is about consistency, to maintain my effort. Effort is about being natural in my life.

Check that you never become heavy about anything for any reason. I should be able to become soul conscious in one second so that there is constant success. If you become heavy at any moment it means then Baba is not responsible at that moment. Then you start to think what will happen and how will it happen. One who knows Baba and stays light receives might.

Let go of everything that has happened as though nothing happened. Time and thoughts - these are 2 diamonds that I have to use in a worthwhile way and then I receive happiness and power. If you follow the systems of the yagya in a worthwhile way then you will always stay alert, so laziness will run away. I am not doing anything, Baba is doing everything.

If there is a blockage or bondage inside then there are always reasons for not being able to do something. With realisation of what the blockages and bondages are, first the pain disappears and then I remember I am a soul at

peace. Where there is peace there is no pain. Where there is Baba's love there is no bondage. The One who does everything is getting things done. Then there can also be burdens in our life. However if there are any of the above then I can cross the barriers in my life very quickly.

**One who makes effort
knows that the Baba
who belongs to everyone
is Mine! One who has
nothing else in his heart
can say 'mera Baba'
always.**

Whoever comes in front of you just smile and make them happy. This is the result of one who makes effort. The visible fruit of effort is to smile and if you forget your own religion and come under the effect of your nature then you wilt. Then you also get caught up in your own thoughts.

Baba's hand is on my head. When seniors put their hand on your head it is as though they are blessing you. So realise that God has selected me even though human beings may not like me! Then I would want everyone to have the same feeling of God's love as I have experienced. If your stage is like this, then people will call you everywhere to do service.

Dadi forgives and forgets. Set yourself on your seat and look at Baba and whilst feeling Baba become one who is a resident of the subtle region. Baba let me just keep looking at you. Let Baba keep looking at you too.

So now make the level of effort that Baba wants us to make. If you keep Baba as your companion then you need to be like Baba. You need to be a good match!



Om Shanti till Next Issue